

301-656-2797

VOLUME 19, NO. 7

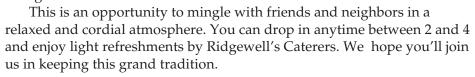


see page 2

Celebrate the New Year with Us

DECEMBER 2004

Join us as we welcome a brand new year and continue the tradition of our celebration in the Village. The Mayor and the Friendship Heights Village Council invite Village residents to celebrate at a New Year's Day Open House to be held on **Saturday, Jan. 1, from 2 to 4 p.m** at the Village Center.





Kitty Kelley to speak at the Village Center

Kitty Kelley, the award-winning writer whose three previous books made the number one spot on the *New York Times* best seller list, will discuss her latest book, *The Family: The Real Story of the Bush Dynasty*, at the Village Center on **Thursday**, **Dec. 9**, at 7:30 p.m.

"The Bush family has unparalleled international power and influence," says Ms. Kelley. "Their history is an all-American story filled with rich and

complex characters who have brought them to the forefront of the world."

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

Take a White House Tour for the Holidays

Join us for one of the most anticipated trips of the year. Here's your chance to see the White House in its holiday finest when we tour 1600 Pennsylvania Avenue on **Wednesday, Dec. 15.**

We'll depart from the Village Center at 9:45 a.m. and should return by 1 p.m.

Sign-ups for residents and one guest begin immediately at the Village Center. When signing up, attendees must provide name, date of birth, social security number and country of origin. The deadline to sign up is Tuesday, Dec. 7 — no exceptions. Nonresidents may sign up Dec. 4.

On the day of the tour, attendees will be required to present photo identification with information exactly matching the name previously submitted for clearance.

A complete list of prohibited items will be available at the Village Center. Umbrellas, wallets, cell phones and car keys are permitted. All persons entering the White House will be screened through a security process.

The cost of the trip is \$12 per person and includes transportation and gratuity. White House tours are subject to last minute cancellation.

There are 50 spaces available.

CHILDREN'S PROGRAMS

See Flumpa at the Village **Center in January**

Science rocks with Flumpa, the wide-eyed adventuresome tree frog, and his friend Wendy Witten, the singing scientist. Join us when we welcome

Flumpa and Wendy to the Village Center

on Saturday, Jan. 15, for one amazing show at 12:45 p.m.

Charged with energy and fun, this fast-paced interactive musical will blast off at the speed of sound delivering a unique blend of music with a twist of science. The event, designed for children is free, but please call the Village Center at 301-656-2797 if you plan to attend.



'The Nutcracker'

Just for

children

A few seats remain for the "The Nutcracker" at Old Town Alexandria's Athenaeum. This 40-



minute production, performed by the Alexandria Ballet, is designed especially with children, and their short attention spans, in mind. We've got limited tickets for the **Saturday**, **Dec. 11**, **1:30 p.m.** performance. Tickets are \$10 for children; \$15 for adults. Sign up at the Village Center. Transportation is on your own. The Athenaeum is located at 201 Prince Street in Old Town Alexandria. You may choose to drive yourself or take the Metro — a shuttle runs from the King Street Metro station every 15 minutes.



www.erols.com/friendshiphtsvillage

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the January issue is December 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Medicine and Surgery of the Foot



Get in the holiday spirit with the Rockettes

There is nothing like the holidays in New York, and a few tickets remain for the trip to see the Radio City Christmas Spectacular on **Monday**, **Dec. 6**.

This magical show stars the world famous Radio City Rockettes, who dazzle audiences with routines like "Parade of the Wooden Soldiers." The majestic Living Nativity and Santa's exciting 3-D sleigh ride are just two more scenes in America's favorite Christmas show.

We will leave the Village Center at 7:30 a.m. and arrive in New York in plenty of time to have lunch (ask us for restaurant suggestions) and admire the decorated Christmas tree in Rockefeller Center. We'll leave immediately after the show and stop for a dinner on the way home (lunch and dinner are on your own). We should return home by 9 p.m.

The cost of the trip is \$139, which includes a ticket in the first mezzanine (there is an elevator), transportation, and all gratuities. Children over the age of five are welcome, accompanied by a parent or grandparent.

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Don't miss 'Carousel!'

Join us for a day in the country on **Thursday, Dec. 16**, when we journey out to Olney for lunch at the Inn at Brookeville Farms and a matinee performance of Rodgers and Hammerstein's "Carousel."

Choose (when you sign up) an entrée: grilled sirloin steak sandwich with mushroom-thyme saute, hickory smoked chicken breast on an Asiago roll, or roasted red pepper and goat cheese pizza. First course will be a mixed green salad and dessert will be a frozen chocolate bourbon souffle.

Following lunch, we'll drive to the Olney Theatre to enjoy "Carousel," which features classics like "If I Loved You," "June is Bustin' Out All Over," and "You'll Never Walk Alone."

We will leave the Village Center at 11:15 a.m. and return by 5:30 p.m. The cost is \$79, which includes lunch, a discounted seat in the Orchestra, transportation, and all gratuities.



Tour Old Town Alexandria and lunch at Gadsby's Tavern

Follow the footsteps of George Washington and visit Old Town Alexandria on **Thursday**, **Jan. 13**.

Join us as we take a driving tour of this historic town, visit Carlyle House and enjoy lunch and a tour of Gadsby's Tavern and Museum.

Carlyle House is an elegant Georgian Palladian mansion built in 1753. With our guided tour of this beautifully restored home, we'll get a fascinating view of 18th century life.

Gadsby's Tavern Museum highlights Gadsby's Tavern and hotel, the center of political and social life in the 18th century. Our tour guide will take us through the taproom, dining room, assembly room and communal bedrooms, and the ballroom, the site of George Washington's final birthday party in 1799.

Lunch at Gadsby's Tavern includes a salad, choice of a puff pastry with Smithfield ham, smoked turkey and cheese, chicken salad, or beer-battered codfish.

We'll also have the opportunity to visit some of the unique shops along King Street, and the famed Topedo Factory Art Center. The cost of the trip is \$57, which includes driving tour, admission to Carlyle House and Gadsby's Tavern Museum, lunch and all taxes and gratuities.

We'll depart from the Center at 8:45 a.m. and should return by 4:30 p.m.

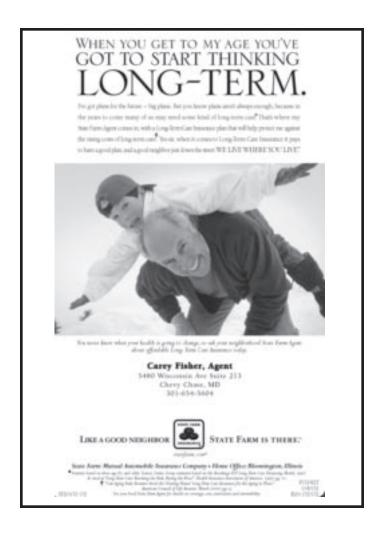
Sign ups for residents and one guest begin immediately; nonresidents may sign up Dec. 16. There are 29 spaces available.

CLASSIFIEDS

Volunteers Needed

Volunteer bridge players needed to play bridge at Brighton Gardens-Friendship Heights. Please call Terry Adams at 301-656-1900, ext. 228.





Stories of a Secret Service Agent

Special Agent Jim Gallagher will discuss his life in law enforcement — as a detective, Secret Service Agent and Federal Air Marshal in the Department of Homeland Security — at the Village Center on **Tuesday**, **Dec. 14**, **at 7:30 p.m.**

Mr. Gallagher was assigned to the White House Detail during the Reagan and George H. Bush administrations. During this time, he spent a year on the Barbara Bush First Lady Detail. He was also the security detail leader for many world leaders visiting the United States, including Arial Sharon of Israel, President Karzai of Iran, King Abdullah II of Jordan, Prime Minster Tony Blair of the United Kingdom and the Prime Minister and President of Ireland.

Call the Center at 301-656-2797 to reserve a seat.

While Washington burned

Former Associated Press broadcast editor, Anthony Pitch will discuss the British Invasion of 1814 at the Village Center on **Monday**, **Dec. 20**, **at 7:30 p.m.**

Mr. Pitch will recount the flight of President Madison, the capture and torching of the White House and the Capitol, the epic defense of Fort McHenry, the birth of the national anthem, and the American victory at New Orleans.

Recipient of the Maryland Historical Society's Book Prize for his book, *The Burning of Washington: The British Invasion of 1814*, Mr. Pitch is invited annually to give a speech at Fort McHenry on the anniversary of Francis Scott Key writing the national anthem, and has been featured on the History Channel.

Please call the Village Center at 301-656-2797 to register. Copies of the book will be available for sale.

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PLAYING on the BIG SCREEN

Enjoy fresh popcorn during these free video presentations

Thursday, Dec. 2 7:30 p.m. — Booksigning with Jim and Kate Lehrer.

Thursday, Dec. 9 7:30 p.m. — Booksigning with Kitty Kelley. See page 1 for details.

Thursday, Dec. 16, 7:30 p.m., — Café Muse. See page 16 for details.

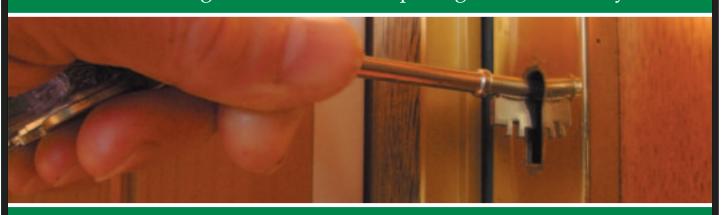
Thursday, Dec. 23, 7:15 p.m. — 13 Going On 30. Thirteen-year-old Jenna has had enough with the trials of adolescence. In addition to being saddled with a devoted-but-nerdy best friend, Matt, she's humiliated in front of the coolest kids in school. She falls asleep wishing she could skip the whole adolescence bit and move straight into adulthood and wakes just weeks from her 30th birthday. The new, older Jenna is a successful magazine editor with friends in high places and a lion's share of

potential suitors. The problem is her mind hasn't matured with her body. Stars Jennifer Garner, Mark Ruffalo and Judy Rink. Rated PG-13. Running Time: 98 minutes.

Thursday, Dec. 30, **7:15** p.m. — *The Stepford Wives.* Joanna Eberhart is a successful television executive until one day her career hits the glass ceiling and crashes to the ground. Looking to take some time off to start over, Joanna and her husband, Walter, move to the peaceful suburban community of Stepford. While Walter takes to his new environment with real enthusiasm, Joanna finds that Stepford is too quiet and is taken aback by the aggressively cheerful and servile attitude of most of the women in the community. As she looks closer at the all-too-perfect surfaces of Stepford, she slowly discovers a terrible secret lurking beneath. Rated PG-13. Running Time: 93 minutes.

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FRIENDSHIP GALLERY

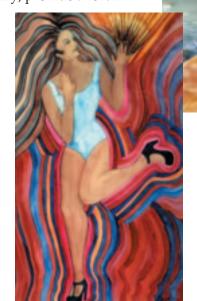
Senior Artists Alliance to exhibit this month in Friendship Gallery

Senior Artists Alliance is a non-profit organization dedicated to promoting artists sixty years old and older. This group will exhibit in the Friendship Gallery during the month of December.

The Alliance was founded to give senior artists opportunities to exhibit their work professionally, provide a forum

for artists to exchange information and experiences, develop opportunities for marketing, and provide educational meetings and special interest groups.

The show runs from Dec. 2 to Dec. 30. All are invited to meet the artists at a reception on **Sunday**, **Dec. 12**, **from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.



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CLASSES and CLUBS

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.

NEW CLASSES

CONVERSATIONAL SPANISH 1

A 12-week course for beginners begins January 5. Students will learn basic expressions and grammar. Emphasis will be on conversation, listening comprehension, reading and grammar. Instructor Elena Marra-Lopez has taught at Sidwell Friends School, Washington International School, Montgomery College and the USDA Graduate School. Textbooks will be an extra charge. Maximum number of students is 12. The class meets Wednesdays from 1 to 3 p.m. The cost is \$200 for residents, \$210 for nonresidents and \$120 for anyone 65 or older.

DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, begins on Dec. 6. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Feb. 14 (there will be no class on Jan. 17).

MAT PILATES

A 6-week session begins Jan. 4. Meets Tuesdays from 7 to 8 p.m. The cost is \$65 for residents and \$75 for nonresidents. Pilates is a total-body conditioning program, which tones the body from 'the inside out' bringing about corestrength, muscle balance and proper spinal alignment. With a prime emphasis on proper breathing and form, the muscles are simultaneously stretched and strengthened, while maintaining a stable core from which all movement takes place. Pilates is revitalizing and renewing, not exhausting! This class is recommended for both beginners and intermediate students. It is not recommended for pregnant women or those who have compromised spinal injuries. Instructor Ginger Russell has been certified in Pilates Matwork Exercises by the *PhysicalMind Institute,* using one of several highly acclaimed training formats inspired by the teachings of Joseph Pilates. Please bring a

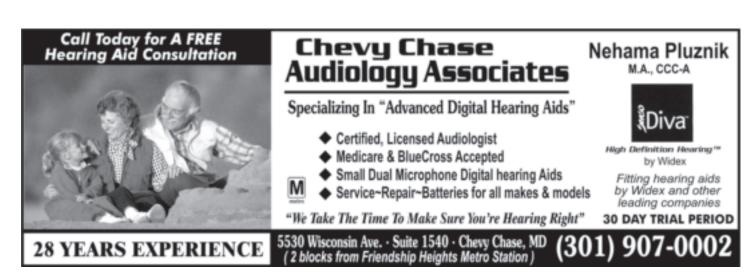
Pilates/Yoga mat and bath towel. Last class will be Feb. 8.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class is taught by Marianne Winter and begins Jan. 12. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Ms. Winter is an award-winning artist and photographer. Please bring a pad and pencil or pastel to the first class. The cost is \$60. (Maximum number of students is 10).

STILL LIFE PAINTING

A 12-week course with noted artist Joan Samworth emphasizing the elements of art: line, color, texture, shape and value. Class is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Begins Jan. 6.





Meets Thursdays from 11 a.m. to 2:30 p.m. (Bring a bag lunch). The cost is \$165 for residents; \$170 for nonresidents.

STRENGTH TRAINING WITH NRH REGIONAL REHAB

(Monday) A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. This 10-week session begins Jan. 3. Meets Mondays at 11:30 a.m. Cost is \$50. Please register by phone at 301-986-4745. Session ends March 7.

STRENGTH TRAINING WITH NRH REGIONAL REHAB

(Wednesday) A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. A 10-week session begins Jan. 5. Meets Wednesdays at 11 a.m. Cost is \$50. Please register by phone at 301-986-4745. Session ends March 9.

TAI CHI (Thursday)

This 6-week session begins December 16. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends January 20. New formperfect for beginners!

TAI CHI (Tuesday)

This 6-week session begins December 14. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends January 18. New form- perfect for beginners!

Try your hand at making a floorcloth

Painter, illustrator and graphic designer Barbara Quinn will offer a floorcloth workshop on Saturday, Jan. 29, from 9 a.m. to 4 p.m. at the Village Center. With a piece of canvas and some water-based paints you will create a lovely 2' by 3' covering for your home. A bit of history about floorcloths will be covered and techniques will be discussed. Then we will get right to it. Instructions will be given for finishing and protecting your floorcloth. No experience is needed. All materials will be provided. Just bring your ideas, a bag lunch and appropriate clothing for painting. The cost is \$90. There is a minimum of four students required.



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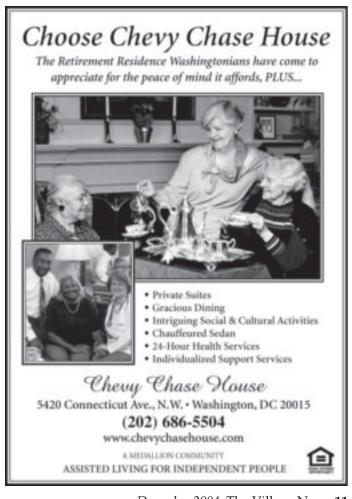
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CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall. Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.

Wednesday, Dec. 1 — Vocal Express. A favorite among Friendship Heights audiences, Vocal Express returns to the Village Center for a lively performance featuring seasonal standards. A perfect beginning to the holidays.

Wednesday, Dec. 8 — Port Righ. The Celtic duo Port Righ is a unique instrumental pairing, with Jo Morrison on harp and Wayne Morrison on the shuttle pipe. Specializing in traditional Scottish music, from lively marches to wistful and expressive airs, they broaden their repertoire with traditional Irish music, vocal

pieces, and their own original works.

Wednesday, Dec. 15 – Beltway Brass — The Beltway Brass Quintet is a project group led by Zachary Smith of the nationally acclaimed Dixie Power Trio. Its members reside in the Washington, D.C., area and quite frequently spend hours slogging around D.C.'s infamous beltway. It was on this stretch of highway that the idea for the Beltway Brass was conceived in 2003. The repertoire for the quintet is unusual in its emphasis on 20th century jazz harmonies and stylings. Zachary

Smith has written almost all of the arrangements for the group, many of which can be heard on their first CD, Holiday Drive.

Wednesday, Dec. 22 – Friday Morning Music Club- This concert will feature the talents of student performers Monica We, piano; Debra Stanley, soprano; Seyeon Ahn, piano; and Gray Dickerson, violin.

Wednesday, Dec. 29 – Silver Strings- Audrey Maxwell and the Silver Strings bring our 2004 concert season to an end with an evening of classical works.

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TO YOUR HEALTH

Battling the blues: depression and the holidays

Depression affects one in ten of us and may be more common in seniors experiencing a variety of losses. The holidays often worsen problems with depression. Two programs at the Village Center this month are designed to help.

On **Wednesday, Dec. 8, at 1 p.m.**, Barbara Osbourne of the behavioral health department at Suburban Hospital will talk about how to distinguish clinical depression from just a bad day. She will also discuss new medications and their effectiveness and give tips on dealing with the seasonal festivities.

The following week on **Wednesday**, **Dec. 15**, free depression screenings for anyone over the age of sixty will be given at the Village Center. Donna Chavers, Director of Senior Services at the Affiliated Santé Group, will lead an interactive discussion about depression at **1 p.m.** Beginning at **2 p.m.**, she will privately screen individuals using an assessment tool that involves answering about ten simple questions and will take from five to thirty minutes per person.

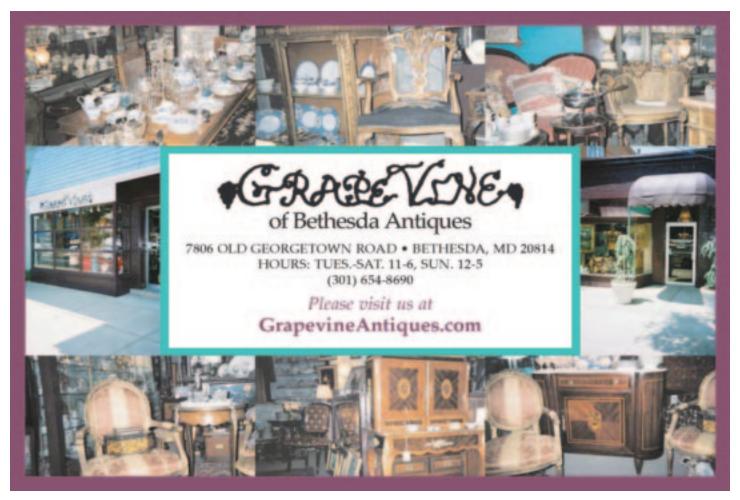
Appointments are not necessary for the screenings. Registration is requested, but not required, for both programs.

December's Vision Transitions

The title of this month's Vision Transitions discussion, on **Wednesday, Dec. 15, at 1:30 p.m.**, is "Sharing Solutions." The speaker is Gloria Sussman, low vision advocate and group facilitator for the Prevention of Blindness Society.

Vision Transitions offers free monthly education and support for people with vision problems and is sponsored by the Prevention of Blindness Society.

To register, call the Center at 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit **www.youreyes.org**. Refreshments will be served.



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Youth Orchestra performs Seasonal Sounds

Celebrate the holidays with an afternoon concert by the Grace Methodist Church Youth Orchestra on **Saturday, Dec. 4, from 12:30 to 1:30 p.m.** at the Village Center. Among the pieces to be performed are "Faith of Our Fathers," the "Theme from E.T.", and Handel's "Hallelujah."

The performance is free, but please call the Village Center at 301-656-2797 if you plan to attend.

The Red Hat Society

A Washington Post Weekend story recently described the Red Hat Society as "senior women having play dates" and a "unique women's movement that's spreading faster than lemon curd on scones!"

The next gathering of the Friendship Heights Red Hats will be a holiday party **Monday**, **Dec. 13**, **at 1 p.m.** at the Village Center. Musician Woody Seybert will highlight great female singers, including Ma Rainey, Bessie Smith, and Connie Boswell. Woody was a saxophonist during the Big Band era and an Air Force musician during WWII. His talk will be followed by a tea party with festive food and frivolity.

If you plan to attend, please call 301-656-2797.





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Flu shots are not the only way to prevent the flu

If you didn't get a flu shot, you can still protect yourself and others from influenza this winter. Below are some simple tips from the Department of Health and Human Services and the Centers for Disease Control and Prevention:

- Wash your hands often
- Avoid close contact with people who are sick and stay at home if you are sick
- Cover your mouth and nose when sneezing- teach children to do the same
- Avoid touching your eyes, nose and mouth
- Get plenty of sleep and take daily walks

Remember to drink plenty of water and eat healthy foods. Dr. Linda Smith, nutritionist for IONA Senior Services, suggests eating more of the foods that contain antioxidants to boost your immune system. These include citrus and cabbage for Vitamin C, olive oil and salmon for Omega fats, carrots, broccoli and bell peppers for Beta carotene. A recent article in *The Washington Post Health* advises eating almonds, peanut butter, avocados and sunflower seeds for Vitamin E and yogurt for "friendly" bacteria. In addition to daily 30- to 45-minute walks, the article also recommends practicing Tai Chi.

Cafe Muse presents...

This month's Café Muse, on **Thursday**, **Dec. 16**, **at 7:30 p.m.**, presents a *Gargoyle* magazine reading, hosted by Richard Peabody, with Rose Solari and Alan Spears.

Richard Peabody is the editor of *Gargoyle Magazine*, as well as *A Different Beat: Writings by Women of the Beat Generation*, and co-editor of *Mondo Barbie*, *Conversations with Gore Vidal* (forthcoming 2005). Rose Solari's new collection of poems, *Orpheus in the Park*, is forthcoming in 2005. Her previous full-length collection, *Difficult Weather*, won Columbia Book Award. Alan Spears works for the National Parks Conservation Association (NPCA) as an Associate Director for Diversity. His poetry has appeared in *Lit Wit, Potomac Review*, and *Gargoyle*.

Classical guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has published contemporary and sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.



Friendship Heights Village Center 4433 South Park Avenue Chevy Chase, Maryland 20815

Check out our website:

www.erols.com/friendshiphts village

e-mail: friendshiphtsvillage@erols.com

phone: 301-656-2797

December 2004 events calendar